FAMILY LIFE

S.F.T.S. LIBRARY

Vol. XV, No. 11 NOVEMBER, 1955 Edited by Paul Popenoe

HOW PEOPLE CHANGE AFTER MARRIAGE

Husbands tend to become more masculine with the passing of the years; but so do their wives! This is one of the findings of E. Lowell Kelly, presented in his presidential address to the American Psychological Association in its annual meeting in San Francisco on Sept. 5.

More than 20 years ago Dr. Kelly started a longitudinal study of marriage, beginning with 300 engaged couples. Of the 44 persons involved in broken engagements, all but five later married someone else. Of the 278 marriages, 12 were terminated by death and 39 by divorce. On the whole, they represent an intelligent and fairly well educated group of persons, originally in New England but now scattered all over the continent.

On second study, last year, Dr. Kelly found "a small but significant shift in the masculine direction for both the men and the women," as measured by the Masculinity-Femininity Scale. This was the more surprising because earlier studies by E. K. Strong, and also those reported by Lewis M. Terman and Catherine Cox Miles in their book *Sex and Personality,* had found just the opposite. These investigators decided that "the peak of masculinity in males is reached in the high school period, and that of the females during the college period, after which time, both show a trend toward more feminine scores, the trend being more pronounced for men than for women."

Why this change? Interpretation must be speculative, but Dr. Strong inclines to the idea that it is the outgrowth of cultural changes. "To the extent that during this period the home has become more mechanized through modern appliances, and on the assumption that women find they like the mechanical aspects of home appliances, it is understandable that women should become somewhat more masculine in their likes and dislikes." This may be the general reason why men are becoming more masculine: "Perhaps our entire culture is becoming more masculinized all the time and while both men and women react favorably to these changes, men respond a little more than women."

At any rate, if this sample is representative, men are more masculine nowadays than their fathers were, and women less feminine than their mothers.

Another interesting result of Dr. Kelly's study (the general purpose of which was to measure changes in personality with age) was the discovery that

GRADUATE THEOLOGICAL UNION LIBRARY
BERKELEY, CA 94709

FAMILY LIFE
Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, California
Price $1 a year, 10c a copy.

husbands and wives do not seem to become any more alike in their interests after 20 years of marriage. "It is commonly believed," he remarks, "that persons married to each other tend with the passing years to become more and more similar; in fact, I have even heard it stated that this principle holds for physical appearance." He found no evidence to support the popular superstition (largely due to Nitezsche) that "opposites attract." On their wedding day, husbands and wives are more like each other than the average, and the initial similarity becomes neither greater nor less as time goes on. "Apparently their initial similarity is adequate for most husbands and wives to establish and maintain a cohesive relationship without the need to become more alike. And while we can readily think of many forces tending to promote increasing congruence between mates we must not overlook the apparently equal impact of developing and maintaining the many kinds of role differentiation expected of husbands and wives in our society."

●

Educational Notes

LAWS which prohibit adoption of children of one religion by couples of another religion are "open to serious constitutional objections," according to an article in the *Yale Law Review*. It holds that due process, freedom of religion, and separation of church and state appear to be violated by mandatory religious protection laws. — The American Jewish Congress is circulating an article by Leo Pfeffer, author of the book, *Church, State, and Freedom,* commenting on the Goldman case, which aroused great interest in Massachusetts. In this case a Roman Catholic mother gave her twins, born out of wedlock, to a Jewish couple. A probate court disallowed the adoption, on the ground that Massachusetts law requires children to be placed "when practicable" with parents of the same faith as the mother. The state supreme court upheld this decision, but Mr. Pfeffer claims it was based on three propositions "completely alien to American concepts of freedom of conscience . . . The first proposition is that children are born with a religion; second, that the state may control a parent's right to rear children in the religion of the parent's choice; and third, that the state may use its governmental machinery to prevent changes in religious adherence."

CHRISTIAN FAMILY MOVEMENT, started by Roman Catholics six years ago in Chicago, now has spread to more than 250 cities in the U.S.A. and several in Canada. More than 8,000 couples are organized in groups of six or eight couples, meeting twice a month in one of their homes to strengthen the foundations of their marriages.

●

THE PROGRAM ENCYCLOPEDIA, by C. A. Duran. Pp. 630, price $7.95 from Association Press, 291 Broadway, New York 7, N.Y., 1955.

Churches, women's clubs, young people's groups, Christian Associations, recreation departments, are here offered 5,000 practical suggestions by the associate N. Y. State Secretary for the YMCA. Organizational resources are listed in more than 100 pages.

THE WOMAN WHO WANTS TO MARRY

by MARGARET BENTON, M.S.

Growing up emotionally and socially means, among other things, the attainment of altruism in place of the infant's self-centeredness. The adult has learned how to cooperate with others in achieving mutual goals; he has learned how to fulfill his own needs in ways that also give value and satisfaction to others. Most of the unmarried women who come for counseling are having difficulty in getting along with men because they are still using infantile tactics in human relations, — they have not learned how to meet men on a level of satisfying equality.

1. They may still be trying to use childish, dependent ways of getting along in the world:

   a. Susan belittles herself, asking anxiously, "What's wrong with me?" She has made no effort to meet men or be gracious to them. She has been taught that if she is good enough men will come to her. Because they don't come, she feels that she has failed miserably.

   b. Helen's whole attitude says, "I'll do exactly as you say, but if it doesn't work, you're to blame!" She still acts like a good child, as her mother taught her, and she expects to be rewarded by being loved. When she is not, she resentfully accuses people, including men, of neglect and unfairness.

   c. Anne seems completely uninterested in her own needs and desires. She constantly talks of others and what she can do for them. She lives with her parents and devotes all her energy and attention to maintaining enough independence from them so that she can continue to earn money to contribute to their support. She has no time or attention left over for men.

What other childish, dependent things have you seen women doing which interfere with finding happiness in marriage?

2. They may be guarding their independence jealously, and they will guard it as they talk to you:

   a. Eve knows all the answers. She tells the counselor just what to do. She bosses men around, too. Whenever a man heaves in sight she sets out to prove that she can do anything he can do, only better.

   b. Marge is pleasant and sociable, but she blandly evades any idea that she might need to change. She is scared to death that her personality will be submerged in marriage, and whenever a man starts getting serious she breaks up the romance.

   c. Lillian protests that homemaking could never be really satisfying to her. Actually she is deeply afraid that she will not make a good wife. Having been very successful in her work, she dare not risk failing as a woman.

What other defiantly independent things have you seen women doing which obviously drive men away? You may know people who act overly dependent in some ways and overly independent in others. That's not unusual, because the two often go together. After all, why should a person flaunt his helplessness unless he is afraid that his own desires for freedom will force him into exile? And why should a person guard his independence so jealously unless he is afraid his own need for love will pull him back into childish weakness?

What the counselor can do:

1. Accentuate the positive; help her develop ways to create satisfying relationships with men.
2. Eliminate the negative; help her discover what she is doing that prevents deepening friendships with men and how to stop doing it.

Some clients need to understand a situation thoroughly before they can act; others need to act before they can begin to understand. Thus it is wise to use both approaches and see which works best.

Help dependent clients to realize that they can do something themselves to create love, and work out with them what to do:

a. Help Susan to understand the difference between boldly aggressive and being welcoming and gracious. Teach her where to meet men, how to be gracious, how to converse, etc. (See the AIFR suggestion sheets on Where to Meet Men, How to Overcome Shyness, Increasing Cordiality, for specific techniques.)

b. Help Helen to understand that her mother's standards are not necessarily the same as the standards of other people, and that "being good" does not win nearly as much love as does making other people happy. Teach her how to study a man to discover his interests, what makes him comfortable and what excites him, and how to use this knowledge to deepen the friendship between them. (See the AIFR pamphlets "Four Secrets Men Won't Tell," "Are you Husband Hunting?," "Why Don't You Make Him Propose," "Suggestions for Increasing Sympathy.")

c. Help Anne to understand the meaning of "Love thy neighbor as thyself" and that she cannot do much for others unless her own needs are filled. And teach her how to find groups where she can develop her own interests in company with other people, how to find out what she and a man can enjoy doing together, and how to arrange to do it. Encourage her to leave home and begin to build a life of her own. (The sheets on Cordiality, Sympathy, Submissiveness, and "Four Secrets Men Won't Tell" will help here.)

Help the independent person to realize that she can have love without sacrificing her own interests and needs:

a. Help Eve to realize that cooperating with men will bring her more real satisfaction than competing; and teach her how to complement a man, using her intelligence and drive to play up his strengths, coordinating with him for their mutual pleasure. (Sheets on Aggressiveness, Criticalness, Rigidity, Cordiality, and Sympathy.)

b. Help Marge to recognize that she can find even more fulfillment in marriage than she does in her job alone, and that it is not necessary to give up her major interest to marry. Teach her how to protect her own interests and how to work out with her husband ways for her to follow them in marriage. ("Take Your Wife Into Partnership," "Make Your Marriage a Partnership," "Keep Your Individuality in Marriage," give specific suggestions.)

c. Help Lillian to understand her own feeling of inadequacy and its real source; and teach her how to use her own abilities to solve the problems of homemaking and creating a growing love relationship just as she has used them to solve her job problems.

Theories are fine, but the only way to be sure of your ability to handle a situation is through living experience. Your client needs this living experience. In order to give it to her in the counseling session and to help her to find it in life, you must have had it yourself and under-

stand it enough to know what to do to bring it about.

(Abstract of discussion at AIFR summer workshop on techniques of counseling, August 5, 1955.)

Research Notes

STABLE and dependable individuals, and those with a high energy level, tend to have large families, according to a study reported at the meeting of the American Psychological Assn. by Elliot G. Mishler, Charles F. Westoff, and E. Lowell Kelly. "Low fertility tends to be associated with strong orientations toward power and practical success, with marked feelings of inadequacy and overconcern with selves (particularly for women), and with strong drives for autonomy and adventure (particularly for men.)"

THIS YEAR 24,000 mothers would die in childbearing if the 1935 mortality rates still held. Instead, some 2,000 may lose their lives. This year 230,000 infants would die before their first birthday, if 1935 mortality rates still held. Instead, 100,000 may die, says the U.S. Children's Bureau.

INCREASE IN BIRTH-RATE of college graduate men in recent years has brought them to the point where they are almost reproducing their number, says the Population Reference Bureau (Washington, D.C.) Graduates of western and southern colleges have an average fertility higher than eastern graduates, the record being partly due to Mormon alumni who produce almost one child more per family than the national average of college graduates. Some eastern universities such as Harvard still show a much lower rate of reproduction than the national average.

Sex In the Cells Of the Body

Biologists are familiar with the chromosome pairs, XX in the human female and XY in the male, which are distinguishable in the nucleus, but only at cell division. In 1949 Professor Murray Barr found that in the cells of the female cat there is a minute chromatin body, about one micron in diameter, usually hemispherical and pressed against the nuclear membrane, a kind of satellite to the nucleolus. Further investigations have shown this nuclear satellite to be a constant feature of many animal species, including humans, but only in females. . . . It shows up most clearly in skin cells. The sexing of blood now becomes possible, for in female blood the satellite shows up as a small drumstick projecting from the nuclei of some polymorph white blood corpuscles. Recently the method has been used to determine the sex of certain tumors, teratoma, in the body. So far all those found in women have had female nuclei, but some tumors from the sex organs of men were found to be female. That discovery raises the question of how those tumors originated.—*Biology and Human Affairs,* London, June, 1955.

Inexpensive Pamphlets

THE HUMAN BODY, by Cyril Bibby and Ian T. Morison. Pp. 31, price 50c from Penguin Books, Inc., 3300 Clipper Mill Road, Baltimore, Md. — Sex education for children of perhaps 8 - 14 years of age, embodied in a description of the whole body and its functions. Professor Bibby is one of England's leading biologists and his exposition is of course thoroughly sound ; the drawings, mostly in color, by Mr. Morison, are excellent;

the booklet, made in Great Britain, is admirably adapted to its purpose.

FAMILY FARE, contains nutrition guides, food plans, buying and storage hints, menu aids, and many tasty recipes, price 25c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.—Catalog No. A 1.77:½.

YOUR CHILD'S SAFETY, by Harry F. Dietrich and Sidonie Matsner Gruenberg. Pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y., 1955.

LET'S LOOK AT KINDERGARTEN, price 25c from Dept. of Kindergarten-Primary Education, National Education Assn., 1201 16th st., N.W., Washington 6, D.C.

SOCIO-GUIDRAMAS, playlets about 10 minutes long, to stimulate discussion for young people of high school age. Four new titles: Bottle of trouble, Look who's smoking, Jill and Perry go military, and Do's and Don'ts on dates, pp. 11 each, price 50c each from Occu-press, 489 Fifth ave., New York 17, N.Y.

Around the World

LADY RAMA RAU received the Mary & Albert Lasker Award, 1955, "for her contributions to the progress of family planning in India, Asia, and the world."

POLYGAMY IN IRAN (Persia) is gradually disappearing, as in other Moslem countries. Mrs. Sara Powell Jamali, American-born wife of the foreign minister of Iraq, reports that both divorce and the maintenance of a second wife, though legal, are becoming rare and a subject for much "tongue wagging." Mme. Ahmed Hussein, wife of the Egyptian ambassador to the United States, says that in her country "the practice of polygamy is now insignificant. It affects less than 4% of the married population and is expected to continue its declining trend."

BIRTH CONTROL has been prohibited in France since 1920, although few nations practice it more widely. At a meeting of the Academy of Moral and Political Sciences, almost all of the speakers demanded revision of the law.

NEITHER MARRIAGE nor the family in the traditional sense exists in the *kibbutz* or agricultural collective in Israel, says Milford E. Spiro. Neverthless, there is a more or less permanent pairing called "couple" *(zug)* which involves love and emotional intimacy but which does not include private property rights, exclusive rights in child rearing, or the change of the woman's name to that of the man. (*American Anthropologist,* Oct, 1954.)

BIRTH OF THE FIRST CHILD lowers the standard of living in the average family by 15%, experts reported to the Commission on the Standard of Living at a meeting in Paris in June. This Commission, set up by the International Union of Family Organizations (of which the AIFR is an active member) covered 10 European nations, and found that present family allowances and bonuses are not sufficient to compensate for size of family.

FRANCE is alarmed over a decline in breast feeding, and increased infant mortality which is charged to this decline. A National Committee on Infancy, appointed by the government, has made plans for a nation-wide publicity campaign, which will be strengthened by lengthening the period during which mothers are given leave from their work, with pay, after childbirth, and during which they are also given cash premiums for breast-feeding.

NEW BOOKS IN BRIEF REVIEW

THE TRUTH ABOUT DIVORCE, by Morris Ploscowe. Pp. 315, price $4.95 from Hawthorne Books, 70 Fifth ave., New York 11, N.Y., 1955.

Our divorce laws need reform, says Judge Ploscowe who as an attorney, a law professor, and a New York City magistrate, has seen all sides of the picture. "There is no area of the law in which fact and fiction, reality and myth, truth and perjury are so interwoven." "Much more vital . . . is the fact our divorce laws render a distinct disservice to family life in this country. They have erected only the flimsiest of barriers to the dissolution of marriages and the breakup of families. They have made trial marriage a fact and not a theory in this country. They have made possible a legalized form of polygamy and polyandry for many of our less reputable and better publicized exhibitionists . . . If judges took to heart the basic principle of law that marriage is more than a private contract and that the state has an interest in every marriage, divorce courts would be agencies for the conservation of marriages instead of their interment." The remedy? "If absolute divorce is to continue as part of our law, the public has a right to expect that divorce should not be available merely for the asking, through the use of various kinds of perjurious techniques . . . We should like to see a system of divorce law and divorce procedure in which every demand for a divorce will be treated not as a notice of intention to file a death certificate, but as a challenge to specialized skillls available in the community in the field of family conflict." Only after marriage counseling has failed, should lawyers enter again. This "diagnostic-therapeutic" approach to divorce calls for numerous changes in court organization and procedure, which Judge Ploscowe outlines. He also discusses present procedures in detail, considers the alternatives to divorce, and provide in the appendix a synopsis of the laws governing divorce and remarriage in all our states and territories. This is a book that no one concerned with family life education or with marriage counseling can afford to miss. It is temperate, factual,—and persuasive.

•

SEARCH FOR PURPOSE, by Arthur E. Morgan. Pp. 197, price $3 from Antioch Press, Yellow Springs, Ohio, 1955.

One of the tragedies of life, says Dr. Morgan, is the number of people who have not found anything significant to do with their lives; who have no intelligent ethical code, no idea that it is worth while to have such a code, no conscious purposefulness in their existence. He himself sees no final solutions, offers no absolute rules, but he sees the possibility of taking one step at a time, of testing the results of each step, and of keeping going in the right direction. Dr. Morgan is one of the nation's most original and constructive thinkers, an engineer of international repute, former president of Antioch College, and first chairman of the Tennessee Valley Authority. In this "spiritual autobiography," as he calls it, he insists on the need for free inquiry, which he finds all too rare. Even men of science are cowed by authority so they feel obligated to pretend that science has no concern with values, nor any effective means of dealing with them. He builds

his own pattern of life on a sound biological foundation. This is an unusual book which, by its convincing reasonableness, may have a far-reaching influence on thoughtful young people who read it.

•

THE UNLEASHING OF EVOLUTIONARY THOUGHT, by Oscar Riddle. Pp. 414 (no index), price $4.50 from Vantage Press, 120 W. 31st st., New York 1, N.Y., 1955.

One of America's outstanding biologists has written a powerful polemic against some religious influences which he believes are blocking social progress by preventing this generation from getting an understanding of the processes of evolution. The first part of the book is largely taken up by a picture of evolution as now understood by most students of the subject, and a consideration of its bearings on the life of the individual and on society. He then examines many aspects of religious thought and action, and points out in detail the ways in which some churches and some theologians have attempted to keep Americans from even hearing the evolutionary story. On the other hand, many religious leaders themselves whom he mentions, have recognized this evil and have protested against it. Dr. Riddle does not waste time on generalities, but gives names, places, dates, and sources in his indictment. He believes that clerical pressure has largely hampered the freedom of inquiry in the educational system; indeed one of the chapters is headed "School: the sepulcher of the intellect." Some of his well-documented facts will shock any open-minded reader. Dr. Riddle, who was for a whole generation attached to the Carnegie Institute's Department of Experimental Evolution at Cold Spring Harbor, L.I., N.Y., is not only an international authority on the pituitary and other glands of internal secretion, but has for an even longer time concerned himself with the promotion of biological teaching in the secondary schools. This book ought to be read particularly by the many who will disagree with it or who will be infuriated by it. Some of them, at least, may recognize that they have unintentionally gotten into a situation in which they do not want to remain. The bulk of his readers will want to consider carefully his discussion of the supposed separation of church and state on this continent, will want to weigh his opinions and examine the facts he has brought together. They may come away from this study with a different understanding of themselves, and of many social problems that are today being discussed widely but often with too little knowledge.

•

OUR BACKWARD CHILDREN, by Karl F. Heiser. Pp. 235, price $3.75 from W. W. Norton & Co., 101 Fifth ave., New York 3, N.Y., 1955.

There are at least eight million "handicapped" persons in the population of the United States, of whom four million are youths under 21 years of age, says Dr. Heiser, a psychologist who has dealt with them for a quarter of a century. He rejects the term "mental deficiency" because it merely serves to disguise the problems involved. He distinguishes carefully between the "feebleminded" and the emotionally disturbed. There are at least a million seriously disturbed children now in schools who need psychiatric help, and at least 500,000 additional children are too disturbed to be accepted in the usual school set-up and need a special educational program. (Dr. Heiser, incidentally, is consultant to the League for Emotionally Disturbed Children, 10 W. 65th st., New York 23,

N.Y., which is trying to do something for this group and which invites the membership and cooperation of all parents and of others who are interested.) The author discusses at length the advantages and disadvantages of keeping a handicapped child at home and of placing him in an institution. Throughout he insists on remembering that "our child is one of us." Discussing heredity, he is so anxious to be reassuring to parents that some readers will think his treatment of the subject is merely confusing. He outlines the community resources (pitifully few in proportion to the need) that are available, says the state institutions are not keeping up with scientific progress, and pleads for more research. He gives as full details as will be found anywhere, about the resources available to parents. The National Association for Retarded Children, 129 E. 52d st., New York, N.Y., will provide further information to those who seek it. This whole problem of the backward child is so great in its mere bulk, and the source of so much tragedy and disaster to families, that it demands far more attention than it has had. Dr. Heiser's book ought to be widely circulated, studied, and translated into action.

•

L'AMOUR DES AUTRES, by Verine. Pp. 220 (paper covers, no index), from Editions Boud & Gay, Paris, 1954.

Education in brotherhood and altruism is the goal of the woman (a psychologist and a mother) who writes merely under the name of Verine. She makes a strong argument for a change in emphasis in home and school alike. The kindergarten and primary grades in France are doing well, she believes, but the gain is wiped out when students pass to the secondary schools and colleges. An appendix contains an interesting annotated list of public organizations in France which give members the opportunity, in one way or another, to work with and for others, particularly for the less privileged, and to develop an unselfish concern for public welfare and human betterment.

•

STILLMEADOW DAYBOOK, by Gladys Taber. Pp. 274 (no index), price $3.95 from J. B. Lippincott Co., East Washington Square, Philadelphia, Pa., 1955.

This philosophy of life based on an appreciation of country living (on a New England farm) will be welcomed by the millions who know Mrs. Taber through her contributions to the *Ladies Home Journal*; and will also make many new friends.

•

INDUCED ABORTION ON PSYCHIATRIC GROUNDS, by Martin Ekblad. Pp. 238 (paper covers, no index), from Ejnar Munksgaard, Norregade 6, Copenhagen, Denmark, 1955.

This is a report on the Swedish (1938) Abortion Act, which allows a pregnancy to be terminated on medical, medical-social, humanitarian, and eugenic indications. Dr. Ekblad followed up 479 women, and provides a great deal of valuable information on the whole subject. The number of legal abortions in Sweden each year is six or eight thousand; the number of illegal abortions seems to be steadily increasing, too. Many of the women became pregnant again shortly after the abortion, so the operation was only of transient value. Sweden provides legal sterilization and many of the abortees wanted this, but for some reason they were discouraged from having it. Study of the case histories indicates that abortion was entirely unnecessary for many of these women. The whole book should be studied carefully by all interested in abortion.

A TINY BABY FOR YOU, by Nancy Langstaff and Suzanne Szasz. Price $2.50 from Harcourt, Brace & Co., 383 Madison ave., New York 17, N. Y., 1955.

THE BABY HOUSE, by Norma Simon, pictures by Adrienne Adams. Price $2.00 from J. B. Lippincott Co., East Washington Square, Philadelphia 5, Pa., 1955.

Two little books for children from three to six who are expecting the arrival of a new baby in the family. The first book is illustrated with beautiful photographs, the second by drawings. Either one of them might be very helpful to the parent who wants to prepare the child for a younger sibling and prevent jealousy of the newcomer.

•

ON CALL FOR YOUTH, by Rudolph Wittenberg. Pp. 241 (no index), price $3.50 from the Association Press, 291 Broadway, New York 7, N.Y., 1955.

Written primarily for leaders of clubs and groups, this very readable book might also help teachers and even parents. Mr. Wittenberg is a practicing psychotherapist in New York City. He illustrates his points with innumerable "case histories" to aid an adult to whom a teen-ager may confide "I'm in love" . . . "I'm no good" "I don't care" . . . "I know I should, but I can't" . . . and so on.

•

CHILD BEHAVIOR, by Frances Ilg and Louise Bates Ames. Pp. 364, price $3.95 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955.

This detailed and specific book represents the views of the Gesell Institute (New Haven, Conn.) of which the authors are co-founders. They also turn out a syndicated newspaper column, a good deal of which is apparently incorporated in the present volume. The authors carry to an extreme the idea of ages or stages of behavior, although they would be the first to admit that children vary greatly and that they are only giving averages when they inform parents that "Seven does this" or "Four does that." They conclude by urging parents to "have confidence in your own judgment."

•

RESERPINE in the treatment of neuropsychiatric, neurological, and related clinical problems, ed. by Roy Waldo Miner. Pp. 280 (no index, paper covers), price $3.50 from New York Academy of Sciences, 2 E. 63d st., New York 21, N.Y., 1955.

This symposium presents 31 papers by 62 different persons who have experimented with one of the most promising types of treatment for mental and nervous disorders. Reserpine is found to have a tranquilizing effect in small doses and to be particularly helpful in reducing tension with fear and anxiety. It has given surprisingly good results with advanced schizophrenia. It is not generally useful to decrease depression, but tends rather to increase it; therefore it will not be particularly helpful in one of the most serious problems of family life, presented by the depression of the middle-aged woman. It should contribute greatly to mental hygiene in many other home relationships.

•

POWER TO MANAGE YOURSELF, by Harold B. Walker. Pp. 237, price $3 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955.

Inspirational book with spiritual background. Dr. Walker is minister of the First Presbyterian church, Evanston, Ill., and author of a weekly newspaper column as well as of three previous books.

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

The price is only 25c per copy;
$2.50 per dozen, or $15 per 100.

Write for complete catalog of publications, and send orders to

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 Sunset Blvd. **Los Angeles 27, Calif.**

THE AMERICAN INSTITUTE
OF FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, Calif.

(Return Postage Guaranteed)

Sec. 34.66 P. L. & R.
U. S. POSTAGE
PAID
Los Angeles, Calif.
Permit No. 12538

The Library
San Francisco Theological Seminary
San Anselmo, Calif.

The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy 25c

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counseling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

Write for Full List of Publications to

THE AMERICAN INSTITUTE OF FAMILY RELATIONS
5287 SUNSET BOULEVARD -:- LOS ANGELES 27, CALIFORNIA